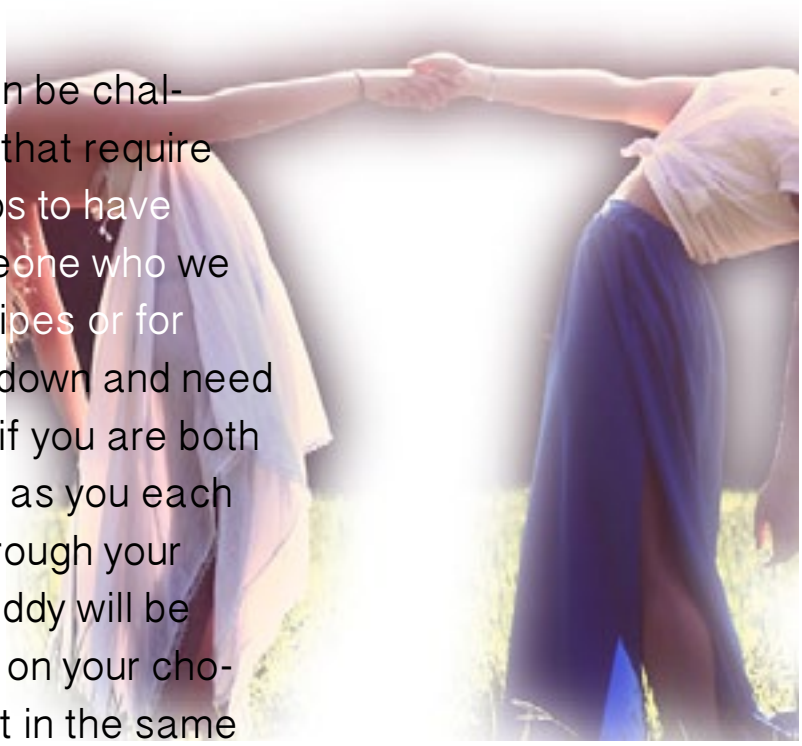
10 Readiness Strategies To begin My Health Journey

1. Find a Health Buddy



Making changes in our life can be challenging, particularly changes that require developing new habits. It helps to have someone to share with. Someone who we can call to discuss ideas, recipes or for support when we are feeling down and need encouragement. It is helpful if you are both on a similar journey to health, as you each understand the difficulties through your own experiences. A health buddy will be more willing to help keep you on your chosen path. People who are not in the same space as you, while well meaning, do not always fully understand our resolves and may be impatient with our choices if they do not align with theirs. Even loving family members may make it more difficult to adhere to our decision. We need someone who we can understand and who understands us.

2. Clear out your pantry:

It is hard to withstand temptation for those ‘treat’ foods, when they are within sight or ‘call’ you at 9pm at night. Removing the temptation is a helpful first step. Go through your pantry and dump into 3 boxes. -

1. Everything close to, or beyond expiry date. If it is anywhere near expiry then it was clearly not an ‘essential food’. Include in this box items such as those old vinegar bottles you bought to make that once off sushi or the curry paste for the special chicken recipe. Once you have removed all these old food items, throw this box away.

2. Add to a second box, everything that comes in a carton, box or tin that contains processed food or sugars. Include cereals, pasta, cake and scone mix, tinned fruit, tinned jam, biscuits, custard. If you are in doubt, move it out! Give this box to a needy person.

3. In the third box, place food you will eat occasionally, but want out of sight for the present, such as white rice, long-life cream, powdered gravy, pasta sauces. You may need these when entertaining but not in the first few weeks of your health journey.

3. Give up drinking your calories.

All juice, including fruit juice, impacts poorly on health. Resolve from today, to cut out all canned fizzy drinks, Oros, flavored water such as Vitamin Juice and even fruit juice. Drink plain water, carbonated or still, with a squeeze of lemon or lime, herbal tea, rooibos tea and occasionally coffee. Cold- drinks increase our daily calorie intake substantially, without us even being aware of it. If you need a treat, rather have it in solid form. Often we are not aware of how much sugar we ingest with our fluids and because of this, if we are going to add a treat, we then do it on top of the sugary drinks. Going cold turkey is extremely beneficial and you would be amazed at how substantially this cuts unhealthy, empty calories from our diet. In addition to zero benefit, cold- drinks, especially fizzy drinks, have some rather unpleasant added dangers.

- Obesity

Sugary drinks, drunk daily, may add as much as a pound of weight every month. Interestingly, studies have shown that converting from sugared drinks to artificially sweetened drinks makes no difference to weight loss. In fact, aspartame and similar artificial sweeteners affect hormones and can even lead to weight gain.

- Liver damage

High fructose corn syrup, the primary sweetener in canned, sugary drinks, contributes to fatty liver, similar to the damage done by chronic alcoholics.

- Tooth decay

Sugary drinks are extremely acidic, which contributes to enamel decay.

- Diabetes

The high sugar messes up your sensitive insulin balance, increasing risks for diabetes.

- Heartburn & acid reflux
The gas in fizzy soft-drinks increases the distention of your stomach and can push stomach acid into your esophagus. In addition, the acidity of canned sodas also adds to acid reflux symptoms.
- Heart disease
Likewise, the combination of hypertension, obesity and insulin, as well as high fasting blood sugar, all contribute to a condition called Metabolic Syndrome that increases risk for heart disease.
- Osteoporosis
A high intake of phosphoric acid prevalent in fizzy drinks, is linked to osteoporosis. The increased acidity leaches calcium from the bones, leading to weakening and potential fractures.
- Hypertension (high blood pressure)
The increase in sugar and the resultant overflow of insulin, causes the kidneys to retain salt and this leads to hypertension, or high blood pressure.

4. Give up diet drinks.

While we are led to believe that diet cold drinks are a safe substitute for the high sugary fizzy drinks, this is not factual. Actually, studies have shown that artificial sweeteners are no better at leading to weight loss and in fact, because aspartame and other artificial sweeteners impact on our hormones, we can even gain wait. There is some suggestion that artificial sweeteners may lead to cancer and other conditions such as infertility.

5. Avoid sugary, tropical fruit.

Fruit nowadays has been hybridized to be sweeter and because fruit does give necessary anti-oxidants, we feel comfortable about eating more than our body can deal with and remain healthy. This is because the high sugar impacts on insulin in the same way as a biscuit can do. From an anti-oxidant perspective, colorful fruits are phenomenal for health but rather enjoy the dark berries, apples, pears and other less sugary fruit. Tropical fruit such as mango, naarties and ripe banana are best eaten in extreme moderation. It is possible and more healthy to take in our anti oxidants from colorful vegetables, that do not spike blood sugar.

6. Eat protein for breakfast. Every day

Our highest cortisol spike is in the morning. This is helpful because it assists our body to ‘get up and go.’ Cortisol requires protein as fuel. Eating protein for breakfast supplies the necessary protein for our cortisol needs.
Cortisol, Insulin and Leptin respond best when you have had protein early in the day. Standard breakfasts of cereals or muffins are very damaging to the natural rhythms our hormones need.
Other Benefits of Protein for Breakfast
Protein slows insulin spikes which stabilize sugar slumps later in the day. In addition, morning protein triggers the release of Growth Hormone, which helps the repair process in the body.

7. Have protein, in some form, at every meal.

Have protein, in some form, at every meal.
While protein, in excess, is not advisable, the body needs approximately 1g protein for every kg lean body weight and slightly more, about 1.3g per kg, in the elderly. Protein is best consumed in divided doses for maximum benefit, to allow the body a regular supply for wear and tear. In addition, protein with every meal blunts the insulin spike and assists in making the meal more satisfying, which reduces cravings.

8. Drink a half glass of water every half an hour

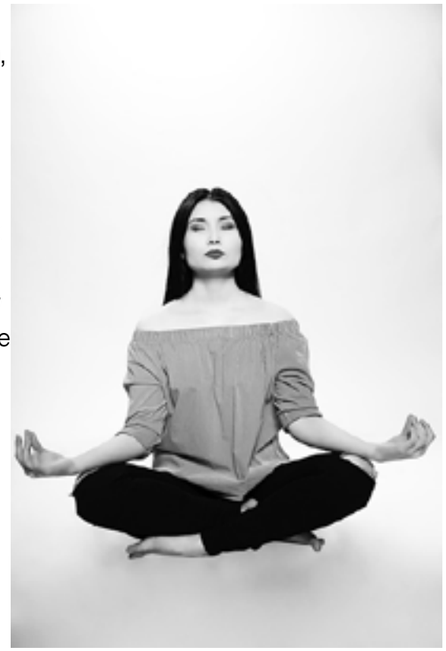
Water assists our body to detox but the benefits of water are improved if we drink continually throughout the day, rather than abstain and then drink 2 glasses in one sitting.
Drinking continually encourages water to permeates into the cells, rather than overflow the kidneys.

9. Belly breathe before every meal

Cortisol and adrenalin play havoc on digestion, so creating a calming environment for eating is important.

Even eating at our desk can be made digestion friendly if we take a few seconds to belly breathe before we eat.

Shallow breathing may lead to tension and fatigue. Breathing with your diaphragm tends to reduce stress and improve energy.



There may be an added benefit of lowering blood pressure when you place your tongue on the ridge of the roof of your mouth, just behind your teeth.

How to Belly Breathe

- Find a comfortable place to sit or even lie down. Place one hand on your abdomen, over the navel, and the other hand on your chest.
- Gently breathe out and then inhale slowly through your nose, counting to 4, pushing out your abdomen slightly and concentrating on your breath. Feel the hand over your abdomen move out as you breathe in. Hold the breath for a count of at least 4 or 5, but remain comfortable. Do not force the process.
- Slowly exhale through your mouth while counting to 6. Gently contract your abdominal muscles to completely release the remaining air in the lungs.
- Concentrate on keeping shoulders relaxed during the process. Repeat a few times. You may be able to do only 1 or 2 cycles at first.
- Once you feel comfortable with your ability to breathe into the abdomen, it is not necessary to use your hands on your abdomen and chest.

10. Eat real food. Prep a snack bar in your fridge weekly

We all know what it feels like to come home after a busy day, starving, and still have to cook. This is often a bad time for quick snacks, like chips or even biscuits.
Pre-planning for this by washing and chopping a salad bar, already stored in Tupperware in the fridge, will help while you prepare dinner.

Once a week, wash, peel and chop veggies such as peppers, carrots and cucumber. Pre-store these and snack till your meal is cooked.

Bonus point: Important minerals for sugar metabolism

Magnesium

Magnesium plays a role in up to 300 cellular processes such as:

- co-enzyme required for protein digestion and energy production.
- It helps maintain the integrity of muscles, nerves and bones.
- It is essential in energy metabolism within the mitochondria
- It relaxes both muscles and the vessel walls.

It plays an important role in regulating blood sugar levels. Assists in the process of insulin binding. Too much insulin results in magnesium loss and low magnesium results in poor insulin response.

Magnesium Citrate or Glycinate

Magnesium is important for the transport of insulin into cell membranes. It alters both insulin secretion and action. Look on the label for the dosage of bio available magnesium. 1000mg magnesium may only offer 200mg bio-available magnesium.
Dose: Start with 400 mg per day. With meals

Certain forms of magnesium may give you a loose stool. Generally magnesium Glycinate is better in these cases. You may take magnesium at night or take your dosage in 2 divided doses. Night time magnesium may help you sleep. It is also beneficial to take magnesium trans-dermally using a cup of Epsom salts in your bath. This is very relaxing and will help de-stress but will not quite replace the required dosage.
Common Signs and symptoms of deficiency.

Muscle cramps
Muscle weakness
Poor glucose Management
High Blood Pressure

Sources of Magnesium:

These include tofu, Brown rice, broccoli, Green leafy vegetables, legumes, shredded wheat, pistachio, nuts, spinach, brazil nuts, almonds, cashews, black strap molasses, potatoes, squash seeds, soybean flour, wheat bran, pumpkin, beet greens, cocoa powers, bananas, oat flour, chocolate.

Chromium Polynicotinate

Chromium assists insulin to 'dock' onto the cells, which in turn, allows the glucose to enter the cells. Without chromium, glucose cannot metabolize properly.
Excess insulin results in increased excretion of chromium
Signs and Symptoms of Deficiency.

Poor Glucose Management
Diabetes or pre-diabetes
Metabolic Syndrome
Depression or anxiety

Sources of Chromium

Broccoli, Romaine Lettuce, Lentils, Onions, Meat, Tomatoes, Nuts and Cheese
Dose: Usually comes as 200 mcg capsule. To assist in insulin efficacy, you'll need a total of 800 mcg per day

All rights reserved. No part of this publication may be reproduced or redistributed in any manner without permission in writing.

health@live2ahundred.co.za
www.live2ahundred.com

Medical Disclaimer
This booklet is intended as an informational guide and is not meant to treat or diagnose. For any medical condition, physical symptoms or disease state, please consult with your doctor or appropriate health care professional. The author does not accept any responsibility for your health or how you choose to use the information contain in this booklet.